

# HEART & HAND

Where grief is understood, healing is possible, and joy returns.

## Prayer Power

By Chaplain Liz

As a young girl, I longed to understand the power of communicating with God through prayer. In moments of distress, anxiety, and fear, my prayers were often simple cries: “Lord, help me.” They weren’t eloquent or carefully formed — I was simply desperate to know Him. Perhaps you are, too.

At times, I wondered if God even heard my prayers. Yet each time I called out to Him, my fear softened, my anxiety eased, and a quiet peace settled in my heart. Slowly, I began to trust what I was reading in Scripture.

King David writes in Psalm 6:9, *“The Lord has heard my plea; the Lord will answer my prayer.”* These words are a promise to all who believe. Through them, I came to understand a life-changing truth: God loves us, and He hears our prayers.

Over the years, I have personally experienced the power of God through daily communication with Him.



**Prayer has a way of calming our hearts, strengthening emotional resilience, and even bringing physical healing. It reminds us that we are not carrying life’s burdens alone.**

Do you long for healing? Nothing keeps us from talking to God except ourselves. We all stumble and fall, yet Jesus invites us with these words:

*“Come to me, all who are weary and burdened, and I will give you rest”* (Matthew 11:28). What a beautiful promise.

Are you weary? Are you burdened? Do you long for rest from all that overwhelms you? Perhaps it is time to place it all in God’s hands. You can begin simply:

*“Lord, help me.”*

*“Lord, forgive me.”*

*“Lord, heal me.”*

*“Lord, heal my family and our finances.”*

*“Lord, give me courage.”*

*“Lord, take my shame.”*

*“Help me, Lord, to know You better.”*

*“Lord, bring my child back home.”*

Prayer is a powerful force that can transform our lives. It has certainly transformed mine. Through prayer, I have received wisdom and strength to endure some of life’s most difficult circumstances. When I am weak, God meets me in His

Word — sustaining me with hope and reminding me that I am not alone.

Prayer also has the power to transform others. We witness this every day at the SCSM Center as individuals seek prayer for healing, guidance, gratitude, and peace. When we pray together, deep connections are formed — with one another and with God. There is great power in joining in faith, trusting that God hears us and walks with us through every season.

**This simple acrostic helps guide me when I pray:**

**P – Praise God**

**R – Read Scripture**

**A – Ask anything**

**Y – Yield to God**

**E – Every day communicate**

**R – Rejoice, for God is faithful**

Scripture reminds us in 1 Thessalonians 5:17 to *“pray continually.”* Another translation says, *“never stop praying.”* I invite you to join me on this prayer journey and experience the power of God at work in your life and in the lives of others.

**If you need prayer, contact me at:**  
[chaplainliz@scsm.tv](mailto:chaplainliz@scsm.tv)  
 or 540-349-5814



# Coffee and Conversation

The Thursday Coffee and Conversation group brings together both long-time members and newcomers who are navigating grief and significant life transitions. While coffee and treats help create a welcoming atmosphere, the true heart of the group is connection. Whether through guided discussion or quiet conversations in smaller circles, participants find a safe, compassionate space to share their stories.

Members come with varied experiences of loss and change, often carrying grief that can feel overwhelming without the support of a caring community. Many have found healing and support through SCSM's counseling services and groups. Each Thursday, the room is filled with understanding, laughter, tears, and meaningful updates. Over time, this group has grown into more than a weekly gathering — it has become a supportive community, and for many, a family.



**Join us Thursdays, 10 AM-12 PM**  
**at the SCSM Center**  
7179 New Hope Ln., Warrenton, VA

## VOICES FROM THE GROUP:

“

*“The center has been a blessing. I’ve met wonderful people and truly look forward to Thursdays.”*

*“This is a safe place to navigate grief and loss. Knowing others are walking similar paths is comforting, and I feel like my life is slowly regaining purpose.”*

*“I love the saying, ‘When you encourage others, you lift yourself.’ This group lives that out by giving us space to share with care and compassion.”*

*“Witnessing the transformation from grief to hope has been incredible. Our community is truly blessed to have SCSM.”*

”

## Bereavement Support Groups

No one should have to face grief alone. Whether your loss is recent or years in the past, you're welcome here. This group is a place to share your story, find comfort, and take steps toward healing and hope.

**Tuesdays, 6-7:30 PM**  
**SCSM Center**

7179 New Hope Ln.  
Warrenton, VA

**Wednesdays, 7-8:30 PM**  
**Chapel Springs Church**

11500 New Life Way  
Bristow, VA

**If you don't live near SCSM:**  
Look for a place of community in your area.

*“Thank you for all you (and your team) did for our Tuesday night group and our community. It was tough to lose my parents, but your guidance, the GriefShare videos, and our Tuesday night group members helped me understand and taught me so much. God is good. I’ve been blessed and deeply feel the need to bless others. Thank you again. God bless you all.”*

*Quote from a participant in a Bereavement Support Group*



# Grief Groceries

Adapted from Hugh Hollowell Jr.

As a funeral director's son, I have lived around loss for most of my life. I have seen grief up close for years. What follows is some of the most helpful, compassionate advice I have ever encountered.

When my dad died, I appeared functional. But I wasn't okay — not at all. When the news spread, the flood of phone calls, texts, and messages became overwhelming. I could barely function. People kept asking what they could do to help, and I genuinely didn't know how to answer.

**I didn't know what I needed. I didn't know what to ask for. I didn't even know how to think clearly.**

Then a friend sent a text. I saw her name and almost put my phone down without reading it. But I glanced at the message, and it stopped me:

*"Will you be home at 8:30 tonight?"*

"Yes," I replied.

*"Okay."*

Ten minutes later, another message came through:

*"Instacart will be there at 8:30. Please open the door for them."*

"What?" I replied.

*"Grief groceries."*

When the delivery arrived, two large bags were placed on my porch — frozen pizzas, ice cream, Oreo cookies, canned soup, Stouffer's lasagna, a gallon of milk. Simple food. Comfort food. Things I could



heat up when I needed a meal — or eat mindlessly when I needed sugar and familiarity. Sometimes, you just need to eat half a box of Oreos.

Notice what she didn't do: she didn't ask if I needed food. I would have said no. She simply asked if I would be home.

*Grief groceries.*

Another friend, who lives out of town, asked my wife to name a restaurant near our home that we enjoy. There's a local deli we frequent — typically a \$25 meal.

An hour later, a \$250 gift card arrived in my inbox.

Yes, that is a generous amount, and I understand not everyone is able to do that. But what mattered most was this: because it covered several meals, we didn't feel the need to save it for "the right time." We ate there that very night — and ordered from there several times a week for the next month.

**Both of those friends understood something I didn't yet know: when you are grieving, you don't want to make decisions.**

Actually, it's more than that — you *can't* make decisions. Grief brings decision fatigue quickly and quietly.

**So this is the heart of what I want to say: don't ask grieving people to make big choices.**

"How can I help?" is a big decision.

But "*Can I take the kids this afternoon so you can rest?*" is a smaller one.

*"Will you be home tonight?"* is a small decision.

*"What restaurant do you like?"* is manageable.

Showing up to mow the lawn because you noticed it needed mowing is far more helpful than asking, "*Do you want me to cut the grass?*"

Saying, "*I'm going to Target — what can I grab for you?*" is easier than, "*Can I run any errands?*"

It won't always be this way. But in those first days — especially — one of the most loving things you can do is remove as many decisions as possible from the life of someone who is grieving.

That, too, is compassion.

## 2025 Christmas Donations in Memory/Honor of Loved Ones

### **CHRISTMAS TREE SPONSORSHIP**

In memory of Arvid Danielsen,  
given by Chaplain Liz Danielsen

5 trees in memory of George Fayas,  
Irene Fayas, Lila DeGroot, Erma  
Louckes, Jeanette Fredrickson,  
Roy Fredrickson, Marilyn Faye  
Fayas, Amelita Drost, Paul Drost,  
Nathan Calcagni, Florence Liddle,  
George Miller, Duane Fayas, Robert  
Fayas, Eugene Benavides, Patricia  
Hytes, Shawn Calcagni, Gerald  
Calcagni, Kevin Bucci, Dannel  
Calcagni, and Carolyn Acotto

In memory of Sherrill Moore, given  
by Michael L. Moore

In memory of June and John W.  
Payne, given by Sue Kenworthy

In memory of Bridget McCargo,  
given by Jay McCargo

In memory of Segundo & Carmen  
Hernandez, Rafael Hernandez,  
Carmen L Hernandez, Sylvia E.  
Melendez, Antonio Melendez,  
Carmen Elizabeth Garcia, Wilfredo  
Hernandez, Ramon Feliciano,  
Antonio "Pito" Melendez, Angel  
"Bebe" Colon, Arvid Danielsen,  
Sylvia Leggett, Manuela Padilla,  
and John Conti, given by Rose  
Hernandez

In memory of Heather Jackson,  
given by Haley Simkins

In memory of J.B. Coolidge, given by  
Kathleen Boudwin

In honor of Dave and Fran Lewis,  
given by Katrina Lee

In honor of the Tuesday night  
Bereavement Support Group,  
given anonymously

### **STAR SPONSORSHIP**

In memory of Herbert and Dorothy  
Ott and Nicklas and Ben Rodolico,  
given by Andrew and Joan  
Rodolico

In memory of Joseph Perry, given by  
Joan Perry

### **BELL SPONSORSHIP**

In memory of Mark Stephen  
Martini, Jr., given by Mark and  
Elizabeth Martini

In memory of Boyd Connally,  
given by Brenda Connally

In memory of Kenneth  
Abrahamsen, given by Christina  
Abrahamsen

In memory of Thomas Fitzgerald,  
given by Jane Fitzgerald

In memory of Harold Wright,  
Presley Wright, and Viola Wright,  
given by Virginia Wright

In memory of Ryan Simkins, given  
by Haley Simkins

### **IN MEMORY OF (White Lights)**

Madelyn Burkhart, given by Gina  
Phillips

David Yaussy, given by Lori  
Danielsen

David Green, given by Gayle Green

Uncle Chick Wallace, given by  
Amber Bateman

Walter and Margaret Hodges, and  
Clem and Amethyst Sharp, given  
by Donald and Brenda Hodges

John Reinertsen, Edith Reinertsen,  
and Norman Reinertsen, given by  
Angela Reinertsen

Robert A. Cornell, Beverly Sue  
Cornell, Lori Rosamond, and Diane  
Crabtree, given by Kathy Crabtree

Patrick W. Kelley, given by Lizanne  
Kelley

Bill Steinard, given by Jane Steinard

Jim Meade and Jim Minor, given by  
Jo Meade

Stewart Lindsey, James F. Legg,  
and Debbie Pugh, given by Debbie  
Lindsey

Richard Illingworth and Nancy  
Kelly, given by Janice Illingworth

My darling Gary, my granddaughter  
Kinsey Morgan, my sister Cathy  
Kiser, my brother Lynn Bast, and  
my parents Gene and Vera Bast,  
given by Vickie Richey

C.L. "Boots" Ritchie, Jeffery Ritchie,  
and Glenn Ritchie, given by Gail  
Ritchie

Michael Ark Angell, Donald Rodis,  
Sr., Mary Lou Rodis, and Donald  
Rodis, Jr., given by Karen Duby

Karen Gardner, Ann Eisele, and  
Arthur Eisele, given by Dorothy Vasi

Herndon E. Gray, given by  
Devan Gray

Carol Magee Dubinsky and Ronald  
Dubinsky, given by John and  
Nancy Allen

Ragna, Tom, and Arvid Danielsen,  
given by Helen Danielsen

Jerome Wen, given by Natacha Wen

My husband, Vincent Buonomo,  
and my brother John Conti, given  
by June Buonomo

David R. Wiser, given by Carol Wiser

Fitzhugh Lee, Angaleen Lee, Edwin  
and Lake Lee, Howard Fletcher,  
Cecil Goff, Madoline Keyser, Bud  
Trenis, Jay VanGelder, William  
and Doris VanGelder, Douglas  
and Virginia Ennis, Bob and Mary  
Blaser, Shirley Harney, Chess  
Heater, and Arvid Danielsen,  
given by Janice Heater

David Butler, George Jenkins, and  
Robert Jenkins, given by Melinda  
Butler

Harvey Schoenfeld, Joseph White,  
and Mrs. Audrey Redmond, given  
by Jacqueline Schoenfeld

Doug Lyons, given by Charlotte S.  
Lyons

Pete Grossarth, given by Hillie  
Grossarth

Dennis C. Shaw, Cheryl Caracciolo,  
and Kathy Joerger, given by  
Elizabeth Shaw

David Green, given by Debbie Lindsey

James F. Legg and Stewart Lindsey,  
given by Joyce Legg

James B. Reynolds, Sr., James  
(Jimmy) Reynolds, Jr, and  
Charlotte Reynolds, given by  
Robert and Pamela Reynolds

Reverend Terry Sisk, given by Ellen  
Sisk

David Yaussy, Joji Strassner, Kevin  
Geer, and John Geer, given by  
Richard and Carol Geer

Susan McAvinn, given by James  
McAvinn

Kenneth Abrahamsen, Frank  
Marino, Gloria Marino, and Bruce  
Marino, given by Jo Ellen Marino

Arvid Danielsen, Frank Conti,  
Ethel and Emil Solecki, Judith  
S. Kroboth, Carol and Harry  
Payne, Hollie Vaughan, and Peter  
Malaszenko, given by Lea Solecki

## 2025 Christmas Donations in Memory/Honor of Loved Ones (cont'd)

Cliff Grimsley, given by Margaret Grimsley

Leroy Ryan, Chris Ryan, and David Green, given by Virginia Wright

Our daughter, Cynthis Liwen, given by Andy and Connie Liwen

Jesse Price and Catherine West, given by Scott and Marie Price

Maria Hennequin, LouAnn Sterzer, Matthew Mitrione, Tom Campbell, Henrietta Mitrione, Ania Mitrione, and Dan Mitrione, Sr., given by Melanie Ebert

My mom, Mary L. Weakley, and my dad, Judd P. Weakley, given by Frances Payne

Claudette Crockett, Isabel Perry, Dolly Smith, Ellen Khoury, and Amber Gibson, given by Mary Beverley-Kotek and Joe Kotek

In loving memory of the Reinertsen and Gorra families, given by Cathy Reinertsen

Steve Brinkley, given by Malinda Brinkley

Mary and Howard Goff, given by Lora and Jay Goff

Gene Beal, given by Susan and Brandon Havens

Angela Dawne Grigsby Carter, Caleb Ezra Wingert Proper, Grandma Alice Beckwith Porter, Grandma Hildegard Foersteman, Granddaddy Lawrence Freeman, Aunt Berti Lib Aylor, William "Junie" Carter, David Gearheart, Rebecka Jenkins, Claes Nordin, Bessie Jane Grigsby, and Phillis Poore, given by Sharron Proper and Elizabeth Proper

Mary Edna Slaga and John Russel, given by Tony and Dorothy Slaga

Marlene Gardner, Robert Oliver, Frank Conti, Arvid Danielsen, Norman Pleszkotch, Delores Enos, Drew Munroe, Eula Peters, Gloria Calcagni, Dana Osterndorf, Barbara Lucas, and Polly Simpkins, Nicholas Tennant, and Richard Sinelli, given by Dennis and Carol Acotto

Herb William Day and Jerryan McClure, given by Tom Gay

Pamela Jane Gay, Patrick Ryan Gay, Michael Lundberg, and Jim and Sue Olson, given by Tom, Chris, and Eric Gay

James O'Laughlin, given by Elizabeth O'Laughlin

Ken Nieters, given by Val Nieters

Richard Rider, given by Nancy Rider

Jean Appleman, given by Dennis Yeatts and Vicki Smith

Bernadette Novak, given by Virginia and George Novak

Dick and Tish Way, Lisa Welker, Melissa Aguilar, Jeremy Johnson, and Billy Hart, given by Kathleen Way

Allen Crane, given by Dotty Crane

Christine Craddock, given by Christian Thomas Spicer

### **IN HONOR OF (Red Lights)**

Chris Steinard and family, given by Jane Steinard

Chaplain Liz Danielsen, given by Karen Duby

Stanley, Sue and Linda Heflin, and Delores Goff, given by Janice Heater

Debra Lindsey, and Jim and Cindy Legg, given by Joyce Legg

Dr. Scott Berman, Lisa and Cheryl at Berman Family Chiropractic, and Chaplain Liz Danielsen, given by Robert and Pamela Reynolds

Chaplain Liz Danielsen, given by Lea Solecki

Chaplain Liz Danielsen and Chris Rapin, given by Virginia Wright

Julia Hernandez, Pedro Hernandez, Lucy Hernandez, Miguel Hernandez, Jose Hernandez, Chaplain Liz (Mom) Danielsen, given by Rose Hernandez

Beverly King, Mr. Ed Chapman, the Danielsen family, Roger and Susan Amato, Dorothy and Tony Slaga, and the Tammera family, given by Chaplain Liz Danielsen

### **IN MEMORY OF SERVICE (Blue Lights)**

Jesus Hernandez, given by Rose Hernandez

Jason E. Parson, given by Devan Gray

Bill Hanock and Ryan Azimi, given by Mery Beverley-Kotek and Joe Kotek

### **IN HONOR OF SERVICE (Blue Lights)**

Brandon Hodges, given by Donald and Brenda Hodges

Edwin Ramey, given by Flo Ramey  
Ryan Fayas and Justin Fayas, given by Dennis and Carol Acotto

### **IN MEMORY OF CHILDREN (Green Lights)**

Ryan Hodges and Peyton Hodges, given by Donald and Brenda Hodges

Orion Bickings, given by Karen Duby  
My son, Tim Maahs, given by Sydney White

Glenn Grossarth, given by Hillie Grossarth

Justin Quoyeser, given by Kathy Quoyeser

Jax Bateman, given by Jennifer Bateman

Ladd Campbell, given by Melanie Ebert

Our son, Bobby Goff, given by Lora and Jay Goff

Our sweet Caroline Havens, given by Susan and Brandon Havens

My beloved son, Daniel Jacob Maher, given by Carol and Thomas Rose

Julie Marie Kapolka, given by Chaplain Liz Danielsen

### **IN HONOR OF CHILDREN (Green Lights)**

Everly Hall, Indigo Harney, Ellison Harney, Madoline Jaskiewicz, Lewis Jaskawitz and Leonard Jaskiewicz, given by Janice Heater

### **IN MEMORY OF PETS (White Lights)**

Izabeau "Mou-Mou" Hernandez, given by Rose Hernandez

Dakota, given by Sharron Proper and Elizabeth Proper

Buddy, Bootsie, Meiji, Miss Kitty, and Blue, given by Malinda Brinkley

Autzen Crabtree, given by Kathy Crabtree

Thunder, Pepper, and Journey, given by Charlotte Lyons

Champ, given by Richard and Carol Geer

Lily, given by Jennifer Bateman

## 2025 Christmas Donations

Kathleen Price  
Helen Danielsen  
Margaret Faith Scott  
Anna Cornwell  
Scott and Marie Price  
Barbara Taylor  
Tom Gay  
Lizanne Kelley  
Sydney White  
Natacha Wen  
June Buonomo  
Jacqueline Schoenfeld

Charlotte S. Lyons  
Robert Reynolds and  
Pam Reynolds  
James McAvinn  
Virginia Wright  
Melanie Ebert  
Dennis Yeatts and Vicki  
Smith-Yeatts  
Virginia and George Novak  
Tony and Dorothy Slaga  
Dorothy Crane  
Jay McCargo

Jeff Kiser  
Mark and Elizabeth  
Martini  
Amber Bateman  
Mary Jane Steinard  
Darlene Evans  
Val Nieters  
Melinda Butler  
Elizabeth Shaw  
Liz O'Laughlin  
Lea Solecki  
Susan Havens  
Vicki Smith

Watch the 2025  
Reading of  
the Names:



[youtube.com/  
watch?v=0oms1JNfzyo](https://youtube.com/watch?v=0oms1JNfzyo)

## Spiritual First Aid Course



Our Center Director, Lynn Gore, recently completed a Spiritual First Aid course designed to equip participants with tools to provide emotional and spiritual support to individuals in crisis.

**The structured approach helps ensure people receive the right support as quickly and effectively as possible.**

Lynn shares, "The course reinforced the importance of assessing each situation thoughtfully and responding with timely, appropriate care. The connections I formed with fellow participants were invaluable and strengthened my sense of community collaboration."

**The course emphasizes the importance of approaching those in need with humility and carefully assessing their most urgent concerns.**

### ABOUT THE COURSE

- Learn how to walk alongside others struggling with everything from mild stress to mass trauma.
- Through instructional videos and guided group discussions, learn how to offer compassionate, practical care during difficult moments.
- Participants are trained to provide immediate emotional support, introduce healthy coping practices, and connect individuals with appropriate resources.

Learn more at  
[spiritualfirstaid.org](https://spiritualfirstaid.org)

*(not associated with SCSM)*

## Sign up for the monthly SCSM email newsletter!

In addition to our quarterly print newsletter, we also publish a monthly e-newsletter delivered straight to your inbox. Each issue includes a special message from Chaplain Liz that you won't find in the print version.



To subscribe, email us at [scsm@scsm.tv](mailto:scsm@scsm.tv) and let us know you'd like to sign up or scan the QR code with your phone camera.



## In Memory Of

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- Angaleene Lee, given by Jeanette Vangelder
- Bill Brosius, given by Dave Hammarberg
- Joseph Lepre, Jr., given by Barbara Lepre
- Sherrie E. Horn, given by Nina Gamotis-Middleton
- Barbara Cale, given by Norma Baum
- Nicholas Daymude, given by John Daymude
- Rob Christiansen and John McCarty, given by Ann Marie McCarty
- Cathy Kiser, given by Jeffrey Kiser
- Dorothy James, given by Mark and Robin James
- Jim Hayes, given by Louise Cullers
- Mrs. Marion Coates, given by Sanford and Janice Martin
- Steve Mayo, given by Jamie and Keith Mayo
- Ray White, Juan Martinez, Jr., Candida Martinez, given by Sylvia White
- Paul Meberg and Mike Thomas, given by Ronald Reinertsen
- Arvid Danielsen, given by David Carter
- Arnold Hammarberg, given by Dave Hammarberg
- Our beloved son Carter, given by Bill and Carol Ann Cole
- Jacob Maher, given by Carol and Thomas Roase

## In Honor Of

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- Debra Legg Lindsey, given by Joyce Legg
- Liz Danielsen, given by Helen Danielsen
- Emily Mclaughlin, given by Fawn Mclaughlin
- Carol and Dick Jenkins, and Mrs. Liz, given by Harvey Stanley
- Jane Fitzgerald, given by anonymous



### The Difference

I got up early one morning  
And rushed right into the day:  
I had so much to accomplish  
That I didn't have time to pray.

Problems just tumbled about me,  
And heavier came each task;  
"Why doesn't God help me?" I wondered.  
He answered, "You didn't ask."

I wanted to see joy and beauty,  
But the day toiled on gray and bleak;  
I wondered why God didn't show me.  
He said, "But you didn't seek."

I tried to come into God's presence;  
I used all my keys in the lock.  
God gently and lovingly chided,  
"My child, you didn't knock."

I woke up early this morning,  
And paused before entering the day;  
I had so much to accomplish  
That I had to take time to pray.

*author unknown*



### Resources for you

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We provide free online resources to help guide you through your own journey through grief or personal loss.




- Preparing Your Child For Surgery
- Grief and Mourning – A Biblical Perspective
- *and more!*



**Spiritual Care Support Ministries, Inc.**  
*Reaching for a hand and touching a heart.*  
7179 New Hope Lane | P.O. Box 643  
Warrenton, VA 20187 | Warrenton, VA 20188  
540-349-5814 [www.scsm.tv](http://www.scsm.tv)

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Then you will call on me  
and come and pray to me, and  
*I will listen to you.*

JEREMIAH 29:12